

**Exit Counseling****Policy No. NS - 200.10**

Effective date: October 1, 2016

No. of pages: 2

**Policy**

Local agencies shall provide all women participants with exit counseling by the final nutrition education contact of the postpartum period (i.e., counseling at least one (1) time on each of the below topics between the initial prenatal certification and when the postpartum woman is terminated as a participant for the current pregnancy).

Local agencies shall provide during an infant's certification period (birth to one year) and during child's certification period (one to five years) Exit Counseling to parents or caregivers of WIC infants and children.

**Purpose**

To assist Competent Professional Authorities (CPAs) with identifying participants in need of additional services and connecting them to available services.

**Procedures**

- I. Local agency must provide education to women on the following exit counseling topics:
  - A. Importance of folic acid intake
  - B. Health risks of using alcohol, tobacco, and other drugs of abuse
  - C. Breastfeeding as the preferred method of infant feeding or continued breastfeeding as the preferred method of infant feeding for those women who are currently breastfeeding
  - D. Importance of up-to-date immunizations
- II. Local agency must provide exit counseling to parents or caregivers of WIC infants and children on the following topics:
  - A. Preventative information about abuse of drugs and other harmful substances including tobacco products.
  - B. Importance of up-to-date immunizations.
- III. Local agency is encouraged to provide exit counseling at the first contact within each participant type (Woman, Infants, Children).

**Authority**

7 CFR § 246.11

Nutrition Services Standards – Standard 7

WIC Policy Memorandum #1994-9

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**Definitions/Supporting Information**

**Competent Professional Authority (CPA)** – An individual on the local agency staff who is authorized to determine nutritional risk and prescribe supplemental foods. The following individuals may be authorized and trained to serve as a CPA: physicians, nutritionists (bachelor's or master's degree in Nutritional Sciences, Community Nutrition, Clinical Nutrition, Dietetics, Public Health Nutrition), registered dietitians, licensed dietitians, registered nurses, and physician assistants (certified by the National Committee on certification of Physicians Assistants or certified by the State medical certifying authority), or State or local medically trained health officials.